

Group Therapy Opportunity!

Managing Big Emotions

Developing Minds Psychology Centre is excited to offer a therapy group beginning this Spring!

What is the Group? The group is geared toward children who tend to experience big emotions and who may have big reactions to daily situations. The goal of the group is to help children develop self-regulation and problem-solving skills in order to manage emotions in more helpful ways. The group is rooted in a cognitive-behavioural therapy (CBT) approach.

What Will the Group Focus On?

- Understanding and identifying emotions
- Recognizing triggers to different emotions
- Learning and practicing self-regulation strategies
- Developing problem-solving skill
- Planning for how to cope with challenging emotions in daily life

Who is the Group For?

- Children **ages 8 to 11** who tend to experience big emotions (e.g., get easily frustrated, tend to have reactions that may be out of proportion for the situation at hand).
- Children who are currently experiencing significant challenges with behavioural and emotional regulation (e.g., significant aggression) are **not** likely to be a good fit for the group.
- *If you have any questions about your child's eligibility, please reach out to us to discuss possible options.*

Details:

- **Thursdays from 4:30-6:00pm** (May 16, 2024 to June 27, 2024)
 - 6 youth sessions + 1 parent session (scheduled for June 6, 2024)
 - In-person at Developing Minds Psychology Centre (105 – 35 Bloom Lane, Bedford)
- A 20-to 30-minute phone intake will be scheduled with one of our staff.
- **Cost:** \$150 per 90-minute session, for a total of \$1050 (includes intake and group materials).
 - To reserve your child's spot in the group, a **\$300 deposit** is required at the time of registration. This fee will be applied to the first two sessions. You will receive an invoice after each session that can be submitted to insurance for reimbursement.

If interested, please contact us at booking@mydevelopingmind.ca